Motivation & Emotion, Key Terms, Key People, Study Questions, Concept Exercises

General Psychology (Athabasca University)

Scan to open on Studocu

Studocu is not sponsored or endorsed by any college or university
Downloaded by moin khan (moinamb99@gmail.com)

SHOUT
SHARE
IT

Motivation & Emotion

This document is available free of charge on studocu

Downloaded by moin khan (moinamb99@gmail.com)

Key Terms

Affective Forecasting: efforts to predict one's emotional reaction.
Achievement Motive: the need to master difficult challenges, to outperform others, and to meet high standards of excellence.
Amygdala: a mass of grey matter inside each cerebral hemisphere, involved with experiencing emotions.
Argument: consists of one or more premises that are used to provide support for a conclusion.
Assumptions: are premises for which no proof or evidence is offered.
Bisexuals: seek emotional. . . sexual relationships with members of either sex
Body Mass Index(BMI): an individuals weight(kg), divided by height (m) squared.
Brain Regulation: the regulation of hormones and chemicals that go on inside the brain.
Drive: an internal state of tension that motivates an organism to engage in activities that should reduce this tension.
Emotion: involves (1) subjective conscious experience (the cognitive component) by (2) bodily arousal (the physiological component) and by (3) characteristic overt expressions (behavioural component)
Facial Feedback Hypothesis: asserts that facial muscles send signals to the brain and that these signals help the brain recognize the emotion that one is experiencing.
Galvanic Skin Response (GSR): an increase in the electrical conductivity of the skin that occurs when sweat glands increase their activity.
Glucose: a simple sugar that is an important source of energy.
Glucostatic Theory: proposed that fluctuations un blood glucose level are monitored in the brain where they influence the experience of hunger.
Ghrelin: causes stomach contractions and promotes hunger.
Happiness (ingredients): health, energy, loving relationships, financial freedom, personal fulfillment, worthy goals and ideas, self knowledge, and self awareness
Happiness (predictors): marriage, work, health, social activity, religion.
Hedonic Adaptation: occurs when the mental scale that people use to judge the pleasantness . . . unpleasantness of their experiences shifts so that there neutral point (baseline for comparisons) changes.
Heterosexuals: seek emotional. . . sexual relationships with members of the other sex.
Homeostasis: a state of physiological equilibrium or stability
Homosexuals: seek emotional. . . sexual relationships with members of the same sex.
Hormonal Regulation: hormones regulating different aspects of the mind and body.
Hypothalamus: a tiny structure involved with the regulation of a variety of biological needs related to survival.
Incentive: an external goal that has the capacity to motivate behaviour.
Leptin: is produced by fat cells throughout the body and released into he bloodstream. When leptin levels are high, the propensity to feel hungry diminishes.
Motivation: involves goal directed behaviour.
Obesity: the condition of being overweight
Orgasm: occurs when sexual arousal reaches its peak intensity. It discharges in a series of musical contractions that pulsate through the pelvic area.
Polygraph (lie detector): a device that records autonomic fluctuations while a subject is questioned.
Premises: are the redound that are presented to pursued someone that a conclusion is true or probably true.
Set Point Theory: Proposes that the body monitors fat cell levels to keep them (and weight) fairly stable.
Settling Point Theory: proposes that weight tends to drift around the level at which the constellation of factors that determine food consumption and energy expenditure achieves an equilibrium.
Sexual Orientation: refers to a persons preference for emotional and sexual relationships with individuals of the same sex, opposite sex, or either sex.
Subjective Well Being: individuals personal perceptions of their overall happiness and life satisfaction.
Vasocongestion: engorgement of blood vessels (what makes erections)

Downloaded by moin khan (moinamb99@gmail.com)

Key People

John Atkinson

John Atkinson, a well renowned psychologist who's main focus of study was that of human motivation, achievement, and behaviour. His belief that scientific progress came from conceptual breakthroughs fuelled his formulation and reformulation of a theory of motivation. He was one of the first to incorporate mathematical models in his theories and to use computer simulations of these models for experimentation. He was known world wide and how work continues to prosper.

David Buss

David Buss's primary topics of research include, male mating strategies, conflict between sexes, social status, social reputation, prestige, the emotion of jealously, homicide, anti homicide defences, and most recently stalking. All of which are approached from an evolutionary perspective. Buss is the author of more than 200 scientific articles, and has won many awards for his contributions to the world of psychology.

Walter Cannon

Walter Cannon was a physiologist that studied many different fields. He coined the term fight or flight to describe an animals response to threats in bodily changes in pain, hunger, fear and rage. As a military physician in WWI he discovered that the blood of shocked men was acidic, which led Walter and other doctors to find a treatment for such condition, which was infusing saline into one. He developed the concept of homeostasis. He presented 4 tentative propositions to describe homeostasis further: consistency, steady state, regulating a system, and finally homeostasis does not occur by chance, but is the result of organized self government. His studies were very broad in many different directions.

This document is available free of charge on studocu

Downloaded by moin khan (moinamb99@gmail.com)

Paul Ekman & Wallace Friesen

Paul Ekman and Wallace Friesen studied various topics, but collaborated on the study of spontaneous facial expressions. They found that they provide accurate information about more specific aspects of emotional experience that just the pleasant and unpleasant distinction. they developed a measuring technique that can depict the differences each smile has, and the different types of emotions they can reveal about one.

William James

William James formulated a theory about emotions, stating that emotion is the minds perception of physiological conditions that result from some stimulus. This theory has lots of flaws in the sense that it can actually endanger you in certain situations. Because emotion, and response is there to protect you. Given not all situations that feel like they could potentially become harmful end up being so. But being fearful in some situations can actually save your life, (ie: bear attack), and sometimes it is just a notice for you to be cautious in the environment you are in.

Joseph LeDoux

Joseph LeDoux's main focus of study was on threat response, anxiety, and emotions. He found that there is correlation between how some people with brain damage respond to their surroundings, and correlation between anxiety and how it can change your interactions with the environment. He found through dealing with patients who have brain damage, as well, as testing on rodents that damage to neural pathways through the amygdala can cause a negative affect in how one responds to a threat, and or evaluating a possible threatening situation. He found that through exposure therapy you can retrain (to an extent) the brain to recognize different things as harmful.

Downloaded by moin khan (moinamb99@gmail.com)

William Masters & Virginia Johnson

William Masters and Virginia Johnson collaborated in their research on the topic of human sexuality. They found that through aging persons that sexual responsiveness given one is reasonably health, and the ability of interest and interesting partner, there was no age that sexual abilities disappear. But they did find that through again it does take longer for males to become aroused and they typically require more stimulation, and that aging women usually do not produce as fast and as much lubricants as they once did. They also did studies on (subjects were random and did not know one another) heterosexual couples, and homosexual couples of different genders and found that there is a significant difference between all of them. Stating that they found that male homosexuals have little to no verbal communication, and that most of the communication is between eye contact, and hand gestures. As female homosexuals still don't com municate as much as a heterosexual couple does, they do make some verbal communications, they hold more eye contact that speaking. They also did studies in sexual dysfunction and found that sex therapy can improve the problems at hand (talking therapy). As well as trying to 'cure' homosexuals.

David McClelland

David McClelland claimed that motivation is a recurrent concern for a goal state or condition as measured in fantasy, which drives, directed, and selects the behaviour of the individual. His theory was Expectancy Value Theory of Motivation. According to his theory most people possess and portray a mixture of these needs: those with a high need for achievement have an attraction to situations offering personal accountability, and individuals with a dominating need for authority and power have a desire to influence and to increase personal status and prestige, and those with a great need for affiliation value building strong relationships and belonging to groups or organizations. He also believed that if you know how an outstanding performer thinks and acts, you could teach people how to think and act that way.

Henry Murray

Henry Murray ideas stated that am individuals personality develops dynamically as each person responds to complex elements in their environment. He viewed ones entire life as one unit, and pointed out that although a specific element of a persons life can be studied through psychology, this studied episode given an incomplete life cycle. Murray divided "personology' (his theory) into 5 principles. 1. Cerebral physiology, governs all aspects of personality 2. People act to reduce physiological and psychological tension to gain satisfaction (a balance of excitement and relaxation) 3. Ones personality continues to develop over time and is influenced by all of the events that occur in ones lifetime. 4. Personality is not fixed and it can change and progress 5. Each person has unique characteristics and other which are shared by everyone.

This document is available free of charge on studocu

Downloaded by moin khan (moinamb99@gmail.com)

Robert Plutchik

Robert Plutchik's theory of basic emotions have 10 postulates: 1. The concept of emotion is applicable to all evolutionary levels and applies to animals including humans. 2. Emotions have an evolutionary history and have evolved various forms of expression in different species. 3. Emotions served an adaptive role in helping organisms deal with key survival issues posed by the environment 4. Despite different forms of expression or emotions in different species, there are certain common elements that can be identified. 5. There is a small number of basic, primary emotions. 6. All other emotions are mixed or derivative states (compounds, mixtures). 7. Primary emotions are hypothetical constructs or idealized states whose properties and characteristics can only be inferred from various kinds of evident. 8. Primary emotions can be conceptualized in terms of pairs of polar opposites. 9. All emotions vary in their degrees of similarity to one another. 10. Each emotion can exist in varying degrees of intensity or levels of arousal.

Stanley Schachter

Stanley Schachter conducted many experiments that tested the internal and external cues of hunger with obese individuals. One experiment described in this publication was in relation to stress. The experiment involved 2 independent variables and fullness. Schachter concluded based on his findings that there are physiological responses that tell you not to eat when stressed. His theory of obesity proposed that obese individuals are hypersensitive to external stimuli, both food related, and non food related. He found that a number of factors lead to differences in responses between obese and normal people. Taste also caused variations in amount consumed. Schachter and another came up with a 2 factor theory of emotion. This theory posits that emotion is based on 2 factors, cognitive labels, and physiological arousal. One important piece of this theory is the misattribution of arousal. If the brain is unsure why it feels an emotion is will use external stimuli as close for labeling the emotion it is feeling.

Downloaded by moin khan (moinamb99@gmail.com)

Study Questions	Study Answers
1. Define motivation. Compare drive, incentive, and evolutionary approaches to understanding motivation.	Motivation involves goal directed behaviour. There are 3 main concepts of motivation; drive, incentive, and evolution. The drive theory is an internal state of tension that motivates an organism to engage in activities that should reduce this tension. In terms of humans in present tense, people who find themselves in a stressful situation that may not be particularly life threatening, just threatening to their goals, they will work harder, and maybe even faster to get out of the situation that propels them closer to their goal. An incentive is an external goal that has the capacity to motivate behaviour. In terms of present day, this means that people will work harder when there is a reward at the end of their work. A great example of this is a promotion, or a pay raise. Evolutionary theories assert that human motives and those of other species are the products of evolution, just as anatomical characteristics are. This theory is more prominent in the past, which can been seen through choosing particular mates based one the promise of elite offspring.
2. Distinguish between biological and social motives. Provide examples of motives in each category.	People are motivated by a wide range of needs, which can be divided into 2 broad classes; biological and social motives. BIOLOGICAL MOTIVE EXAMPLES: Hunger motive thirst motive Temperature (appropriate body temperature) Excretory motive (eliminate bodily waste) Sleep and rest motive Activity motive (optimal level of stimulation and arousal) Aggression motive SOCIAL MOTIVE EXAMPLES: Achievement motive (need to excel) Affiliation motive (need for social bonds) Autonomy Motive (need for independence) Nurturance motive (need to nourish and protect others) Dominance motive (need to influence or control; others) Exhibition motive (need to make an impression on others) Order motive (need for orderliness, tidiness, organization) Play motive (need for fun, relaxation, amusement)
3. Summarize the evidence regarding the role of biological factors in the regulation of hunger.	There are many components to hunger. Many of which we still don't know for sure. But one thing we can say is that the hypothalamus plays a role in hunger as well as many other biological needs. The hypothalamus is thought to house neural circuits that relay the sensation of hunger, as well as be the regulator of which chemicals to release when hunger/fullness is reached, and different digestion stages. Another regulation of hunger can be found within the stomach. This is shown with the bodily functions that occur. When the stomach is empty it is small, and as you eat it stretches to hold the food to begin the process of digestion. Once the stomach reaches it capacity of stretch the muscles signify the brain which then tells you to stop eating, or that your stomach is at capacity. Our body, we have these different chemicals that digest our food, and turn it into energy. When food enters the stomach, different chemicals, and different signals notify the brain of the nutrition.

This document is available free of charge on studocu
Downloaded by moin khan (moinamb99@gmail.com)

Study Questions	Study Answers
4. Summarize the evidence regarding the role of environmental factors in the regulation of hunger.	There are 3 key environmental factors that are involved in the regulation of hunger. 1) FOOD AVAILABILITY AND RELATED CUES: this perspective has been boosted by evidence that the following variable exert significant influence over food consumption: palatability (better tasting food means higher consumption, quantity (more food available means more consumption), variety (more options means more consumption cause you can always change things up), presence of others (you gauge your eating off of others ie: women eat less around a male they don't know well). Your hunger can also be triggered by reading and seeing pictures of food, this is seen with commercials, and at restaurants with the description of food. 2) LEARNED PREFERENCES AND HABITS: this is shown by different cultures and the differences in foods they eat. When a baby is learning different foods, what they are exposed to young they will be more willing to have as they get older. As well as differences in what parents eat, and what they let their children eat also effects their preferences when they mature. Sometimes when limitations are set on children as to what they are allowed to have, and the quantity of them can sometimes back fire (Devon Lutella). 3) STRESS AND EATING: even though there isn't much evidence to back up the activity of stress eating, there is theories behind it stating that when one is in a stressful state, whether that be a life chapter, or just a rough day, some may tend to lean towards going to food to make themselves 'feel better'. Because when certain foods are consumed there is a chemical reaction that happens in our brain that tells us that it is good, and makes us feel good. (Me after Adam didn't call me and I went and ate my weight on the couch and cried).
5. Define obesity. Describe the factors identified in Weiten and McCann as causing obesity.	Obesity is the condition of being overweight. Obesity is becoming increasingly recognized as a major health concern. Obesity is not a black and white subject. It has very many moving compartments that make up why someone may be over, or under weight. Some of these factors are: 1) GENETIC PREDISPOSITION: research suggests that the differences in weight have a genetic basis. That we may not have a say in how light or how heavy we weight even though our eating habits should show opposite outcomes. 2) EXCESSIVE EATING AND INADEQUATE EXERCISE: the bottom line for overweight people is that their energy intake from food consumption chronically exceeds their energy expenditure from physical activities and their metabolic processes. 3) SENSITIVITY TO EXTERNAL CUES: in recent research, theorists have found that hunger is not only internally indicated, but also externally. They have found that it is a combination of the environment and physiological signals that trigger one to eat. In obese individuals they can become hypersensitive to the environment which then triggers the brain and body to express hunger causing one to eat. This hypersensitivity can be extremely dangerous in food intake.

Downloaded by moin khan (moinamb99@gmail.com)

Study Questions	Study Answers
	4) THE CONCEPT OF SET POINT: people who tend to loose wight on a diet have a rather strong tendency to gain it all back, same thing goes in reverse. These observations suggest that your body may have a set point, or a natural point of stability in body weight. Some studies have raised doubts about this concept so they developed an alternative. . . settling point theory. According to this weight tends to remain stable as long as there are no durable changes in any of the factors that influence it. The settling point theory is alittle more encouraging to those attempting to loose weight. 5) DIETARY RESTRAINT: some investigators have proposed that in dietary restraint contributes to obesity. According this theory dieters are restrained eaters who consciously work overtime to control their eating impulses and who feel guilty when they fail. 6) EATING DISORDERS: weight problems may also be manifested as eating disorders such as anorexia nervosa and bulimia nervosa. These disorders, which are more prevalent in women than men, have a variety of causes.
6. Describe the 4 psychological phases of human sexual response.	The 4 phases of the human sexual response. The first being the excitement phase, the level of physical arousal usually rises rapidly. Which then leads to vasocongestion. Followed by the plateau phase. During this phase arousal usually continues to build but at a much slower pace. Followed by the orgasm phase. An orgasm occurs when sexual arousal reaches its peak intensity. It discharges in a series of muscular contractions that pulsate through the pelvic area. Finishing with the resolution phase. Duding this phase the physiological changes produced by sexual arousal subside. If orgasm has not occurred, the reduction in sexual tension may be relatively slow and sometimes unpleasant. In men, the experience the refractory period, which males are largely unresponsive to further stimulation.
7. Summarize the evolutionary perspective of human sexual behaviour. Include a description of the paternal investment theory.	Paternal investment theory, which maintains that species mating patterns depend on what each sex has to invest in terms of time energy and survival risk to produce and future offspring. 'The sex that makes the smaller investment, and the sex with the larger investment will tend to be more discriminating in selecting partner.' This is why men usually tend to have more partners than women. Because they have less investment in the process of reproduction. As women invest time and energy into producing offspring, and this is also why women are more picky with who they choose, because of a male cannot pull their weight (hunting, fishing, building, etc.), then they will not be a first contender. The gender differences in patterns of sexual activity is quite large. Men reported to be more interested in having multiple sexual partners, and engaging in sex more often than women. 'Across many different studies and measures, men have been shown to have more frequent and more intense sexual desires than women, as frequent and more intense sexual desires than women, as reflected in spontaneous thoughts about sec, frequency and variety of sexual fantasies, desired number of partners, masturbation, liking for various sexual practices, willingness to forgot sex, and other measures. No contrary findings were found.

This document is available free of charge on studocu
Downloaded by moin khan (moinamb99@gmail.com)

Study Questions	Study Answers

8. Describe the research by Buss demonstrating gender differences in mating preferences (differences that largely transcend cultural boundaries).

Buss and 50 other scientists conducted a study around the world with many different cultures, different regions, different governments, and different types of countries, and found that women placed a higher value than men on potential partners status, ambition, and finical prospects. In contrast men consistently showed more interested than women in potential partners youthfulness and physical attractiveness.

hetero	hetero	Bisexual	Bisexual	Bisexual	homo	homo
exclusively heterosexual behaviour	incidental homosexual behaviour	More than incidental homosexual behaviour	equal amount of homosexual and heterosexual behaviour	more than incidental heterosexual behaviour	incidental heterosexual behaviour	exclusively homosexual behaviour

9. Discuss the factors that influence sexual drive and sexual orientation.

The mystery of sexual orientation is a controversial topic that is still touchy today. But today we are more accepting to the differences in orientation. Even though we do know know what exactly influences differences in orientation, we do know that there is a wide spectrum of which you can categorize yourself as (heterosexual, bisexual, homosexual) as well as to what degree you identify as. But some theorists suggest that your sexuality can be traced back from your childhood. Whether is was a feeling YOU felt, or whether it was a theory coming from the idea that YOUR parent(s) may not have been involved enough in raising you..

10. Summarize evidence regarding the determinant of sexual orientation.

The determinants of sexual orientation are small, and we are unsure of what exactly triggers ones sexual preference. Many theorists suspect that the roots of homosexuality may lie in the organizing effects of prenatal hormones on neurological development. Several lines of hormonal secretions during critical periods of prenatal development may shape sexual development, organize the brain in a lasting manner, and influence subsequent sexual orientation. However, much remains to be learned about the roots of homosexuality. One complication is that the pathway to homosexuality is alto different in men than women. Females sexuality appears to be more plasticized than men. Women often change their sexual orientation as they mature (more common in adults), as we find men are more just 'born that way' from the beginning.

11. Explain how differences in the need for achievement influence achievement behaviour.

High achievers tend to work harder and more persistently on tasks than people with low needs of achievement, and they handle negative feedback about task performance more effectively than others. They are also more future oriented than others and more likely to delay gratification in order to pursue long term goals.

12. Explain how situational factors and fear of failure affect achievement strivings.

The tendency to pursue achievement in a particular situation depends on the following factors:

The strength of ones motivation to achieve success. This is viewed as a stable aspect of personality.

Ones estimate of the probability of success for the task at hand. This varies from task to task.

The incentive value of success. This depends on the tangible and intangible rewards for success on the specific task.

Downloaded by moin khan (moinamb99@gmail.com)

Study Questions	Study Answers
	A persons fear of failure must also be considered to understand achievement behaviour. People vary in their motivation to avoid failure. This motive is considered to be a stable aspect of personality. Together with situational factors, it influences achievement strivings.
13. Describe the cognitive component of emotion.	Emotion is a highly personal, subjective experience. People normally have a great awareness of the emotion they may be feeling, and they can normally have a good prediction at what emotion they could feel in certain situations. But people do not predict the duration of the emotion accurately. People normally over estimate, and over dramatize the emotion they may feel in the future situation. This type of future estimation is called affective forecasting.
14. Describe the physiological component of emotion.	When one experiences intense emotion, it can be demonstrated physiologically. This results in goose bumps, perspiration, as well as dilation of the pupils, and or accompanied by visceral arousal. Which is when you feel a 'knot' in your stomach, or lump in your throat. Much of the discernible physiological arousal associated with emotion occurs through the actions of the autonomic nervous system, which regulates the activity of glands, smooths muscles, and blood vessels. This can be show during the 'fight or flight response', which is largely modulated by the release of adrenal hormones that radiate throughout the body. The connection between emotion and autonomic arousal provides the basis for the polygraph test, which records fluctuations in the autonomic system. The autonomic responses that accompany emotions are ultimately controlled by the brain. The study of affective neuroscience focuses on the examination of the neurobiology of emotions. The hypothalamus, amygdala, and adjacent structures in the limbic system have long been viewed as the seat of emotion, and although they do contribute to emotion they are not the make up of emotion.
15. Describe the behavioural component of emotion. 16. Facial Feedback Hypothesis	Emotions are expressed in body language, or nonverbal behaviour. Facial expressions reveal a variety of basic emotions (happiness, anger, sadness, fear, surprise, and disgust). But outside of those 6 basic emotions one cannot always tell how you are truly feeling. The facial feedback hypothesis asserts that when one engages in demonstrating different facial expressions, you can feel the emotion being demonstrated to a certain degree. Some suggest this is because your facial muscles are sending a different temperature of blood to the brain causing a change in reactants.

This document is available free of charge on studocu

Downloaded by moin khan (moinamb99@gmail.com)

Study Questions	Study Answers
17. Summarize cross cultural similarities and variations in emotional experience.	Cross cultural similarities: all cultures have all emotions. They just may not express them in the same way. As well as different cultures don't always know how to read other cultures signs, and tells, which may lead to misinterpretations. Cross cultural differences: all cultures may have the same emotions, but what they are allowed to display are quite different. In North America, we are allowed, and welcomed to show every emotion we may be feeling. But in other cultures like in Japan, it is not 'proper' to show disgust, sadness, or anything of the sort. This was extremely hard after a massive tsunami hit Japan sweeping away many, and the society was not allowed to openly grieve for their losses.
18. Compare and contrast the James Lange and Cannon Bard theories of emotion. Explain how Schachter reconciled these conflicting views in his two factor theory.	James Lange Theory states that the autonomic activation is what leads us to the experience of emotions. The Cannon Bard Theory argues that emotion occurs when the thalamus sends signals simultaneously to the cortex (creating the conscious experience of emotion) and raw autonomic nervous system (creating visceral arousal). As the Schachter's Two Factor Theory states that the experience of emotion depends on 2 factors (1) autonomic arousal (2) cognitive interpretation of that arousal. He proposed that when you experience visceral arousal you search the environment for an explanation.
19. Describe evolutionary theories of emotion.	Evolutionary theories of emotion suggest that emotions were developed to help with survival. This is demonstrated with fear.. it would drive an organism away from a dangerous, or potentially dangerous situation. There are 6 fundamental emotions we were 'given'. And many people still are trying to figure out which ones exactly make up the basis of our behaviours.

Downloaded by moin khan (moinamb99@gmail.com)

Concept Exercises

Alice had become a keen observer of her emotions as a result of taking a yoga class. One thing she noticed was that whenever she was feeling fearful (when she saw snakes, for example), she felt her stomach tighten and her heart beat fast all at the same time.

Alice has noticed that her feelings of fear, the tightening of her stomach, and her rapid heartbeat all happened simultaneously. This examples supports the Cannon Bard Theory of emotion.

Yolanda had been sent to the principal's office by her teacher. As she walked down the hall and came to the office door, Yolanda's trembling made her realize that she was in terror of what might happen to her.

The James Lange Theory of emotion is supported here because Yolanda's terror was probably cause by her trembling.

This document is available free of charge on studocu

Downloaded by moin khan (moinamb99@gmail.com)

Concept Exercises

Catherine was sobbing profusely and experiencing a warm, flush feeling throughout her body. Her husband Alex smiled and said, "Cheer up, Cathy. This is supposed to be a happy occasion." Catherine, wiping her tears, said, "I'm just full of joy and happiness to see that my baby daughter is finally getting married.

Catherine appraises the situation of her daughter's wedding dress as the cause of her happiness and joy. This supports Schachter's two factor theory of emotion.

After a few beers, George left the bar to go home. As he entered the parking lot, he was confronted by a mean-looking guy with a knife, who said, "Give me your wallet." George faked a gesture to take out his wallet, but spontaneously kicked the assailant in the groin and then sped away in his car.

This scene probably supports an evolutionary theory of emotion. George probably feels fear and anger, and he strikes back without thought of possible consequences to himself or to his assailant.

Downloaded by moin khan (moinamb99@gmail.com)